

Mt. Airy Forest Hiking Club meets:

Wednesday: 3:30 p.m.

Saturday: 8:00 a.m.

Sunday: 8:00 a.m.

Mt. Airy Forest Trails

Level 1- Easy

- 🍃 Tree House Trail
- 🍃 Gravel/ a few steps
- 🍃 30 minutes
- 🍃 **1 ¾ miles**

Level 2- Moderate - Cardio

- 🍃 Scenic Trail
- 🍃 A few hills
- 🍃 1 hour to 1 hour and 20 minutes
- 🍃 **5 miles**

Level 3- Strenuous -Cardio

- 🍃 Stone Steps Trail
- 🍃 25 minutes (warm up), going down hill - low grade
- 🍃 15 - 20 minutes up hill (90 steps)
- 🍃 15 minutes intermediate small hills & cool down
- 🍃 45 to 1 hour total
- 🍃 **3-1/4 miles**

Your Cincinnati Parks' Hiking Club Membership includes:

- 🍃 Shirt
- 🍃 Waist pack
- 🍃 First Aid kit
- 🍃 Free admission to experience the beauty of Cincinnati Parks
- 🍃 A great opportunity to meet new friends
- 🍃 Wellness of the mind and body
- 🍃 Free subscription to the Parkways newsletter



I will join the Cincinnati Parks' Hiking Club:

(Print full name for official record)

Name: _____

Address: _____

City/State/Zip: _____

Email: _____

Telephone: _____



I would like to make a donation to the Cincinnati Parks' Hiking Club

Type of payment:

☐

Check

☐

Credit Card

(Visa or MasterCard, only)

Credit Card Number

Billing Address: _____

Expiration Date _____

Check may be made payable to:

CINCINNATI PARKS FOUNDATION

950 Eden Park Drive

Cincinnati, OH 45202

Phone: 513-357-2621

Fax: 513-352-4096

All gifts are fully tax deductible.